



Mediumship Matters Podcast Transcripts

Season 2 Episode 55

The Mediumship Rollercoaster

Hello, and welcome to Mediumship Matters with me, Hannah Macintyre! How are you doing? I'm going to be completely honest with you all because I think it's important to be transparent about this journey. Right now, I'm in one of those moments—the kind where I think about jacking it all in and going off to live a peaceful, stress-free life. Sound familiar? If you're a working medium, I bet you've had these moments too.

Mediumship is hard. And yes, I know I'm choosing it, again and again. But every so often, I wonder... Why? Why do we choose this path, when it's anything but easy?

Well, today's experiences have given me hilarious clarity, so let's dive into it!

Two Clients, Two Wildly Different Experiences

This morning, I had two very different client readings.

The first client? Absolute dream! Open, engaged, joyful—everything you'd want in a sitter. She was eager to experience spirit and was thrilled with the messages that came through. It was such a pleasure to work with her.

Then came my second client... and it felt like wading through treacle. The energy was off, there were distractions in the background, and she kept asking, "Shouldn't you be able to tell me that?" and "Can you tell me their name?"—classic signs of a sitter who isn't really prepared for how mediumship works.

At one point, I even asked if she had booked the reading or if someone else had done it for her. That's how disconnected she seemed! She wanted multiple different spirits, jumping from one to another, never letting me build a proper connection.

And suddenly, I found myself on this emotional rollercoaster—one minute thinking, Yes! I love this work!, and the next minute, Why am I doing this to myself?!

Proof vs. Experience: Two Types of Sitters

This got me thinking about why people book readings.

In my experience, there are two types of clients:

1. Those who want 'proof' of spirit. They want names, dates, and irrefutable facts. These are the sitters who challenge every piece of evidence and want you to 'prove' mediumship is real.
2. Those who want the experience of spirit. They come to feel their loved ones, to sense their presence, and to connect emotionally.

Neither approach is wrong, but as a medium, it's essential to know which type of medium you are.

I know that I am not a "proof medium." That doesn't mean I'm not evidential, but my focus is on the emotional presence of spirit, not just rattling off a list of facts. Some mediums excel at names and specifics, but for me, what matters is whether my client can feel their loved one's energy in the room.

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And here's the key: You need to be clear on what type of medium you are, so you attract the right clients.

Why Are Names So Hard in Mediumship?

Everyone wants names. And yes, sometimes I get them—but it's not a guaranteed thing.

I've seen brilliant mediums work, and I've rarely seen them consistently pull out correct names. And if they do, it's often a neighbor's name or a friend's name rather than the spirit themselves. Which begs the question—why?

My belief? The spirit world works on energy, not spoken language. The essence of a person is so much bigger than just their name. I would rather bring through who they were, what they felt like, and the memories they want to share than just a label.

That's why it's important to be upfront with clients about what to expect.

The Purpose of Mediumship

So, what is the purpose of mediumship? Is it:

- To prove the existence of the afterlife?
- To bring comfort to the bereaved?
- To show that our loved ones are still guiding and supporting us?

For me, it's all of the above. It's about knowing that life has meaning, that our loved ones don't just disappear, and that we are still deeply connected to them.

However, not every sitter is ready for a reading.

Emotional Readiness in Mediumship

Some clients come with a deep emotional need—and that can be powerful. But if that need tips into desperation, it can create resistance. When someone is trying so hard not to cry, not to feel, and not to lose control, they block the connection.

That's why I think there's truth to the advice of waiting six months before a reading after a loss. It's not because spirit isn't ready—it's because the sitter needs time to process their grief.

Some people can receive a message within days of a passing, while others may need years before they can truly hear what their loved ones want to say. It's deeply personal.

Recording Readings: A Must for Mediums!

A quick tip for developing mediums: Record your readings and listen back.

It's cringe, I know. But it's also hugely helpful. When you listen back, write down every piece of evidence you gave that was validated. You'll often be surprised by how much you actually got right!

We're so quick to focus on what we missed that we forget to appreciate what we nailed.

Final Thoughts: It's a Journey!

If you're looking for a place to grow and develop your mediumship in a supportive community, The Gateway is for you! Inside, you'll find live workshops, practice sessions, a library of lessons, and a group of like-minded people ready to support your journey. Join us today at www.mediumshipmatters.co.uk.

Mediumship is a rollercoaster. Some days, you feel like a rockstar. Other days, you wonder why you're even doing this. And that's normal.

Thank you so much for tuning in today! If you enjoyed this episode, please leave a review—it helps more than you know! And if you have a question for the podcast, email podcast@hannahmedium.co.uk.

See you next time!